

NUTRITION EDUCATION LESSON PLAN

Local WIC Provider:

Lesson Title: Go Lean with Protein	Developed by: Colorado State University	Date: 2009
	<local agency nutritionist name>	Review Date:

MOWINS NE topic(s): Other (document FNEP in general notes) and Food Safety & Preparation and Dietary Guidelines

Target Population*: Everyone ☒ Group Session

Learning Objective(s):

Participants identify the importance and kinds (plant, animal) of protein foods. They identify recommended daily amounts of protein foods and fish safety issues. Students compare the protein, fat and fiber contents of protein foods. They identify ways to keep protein foods safe to eat and learn how to use a food thermometer. They participate in physical activity. Students set activity goals and goals about protein foods.

Learning Activities:

Participants learn why protein foods are important and identify plant vs. animal sources. They identify recommended amounts of protein foods and using visuals they recognize recommended amounts. They discuss how the amount of protein foods they eat compares to recommended amounts and how they can adjust their food choices accordingly. Information about eating fish for those who might become pregnant, women who are pregnant and nursing moms and young children is shared. Using food labels, protein foods are compared with regard to the amounts of protein, fat and fiber they contain. Participants engage in physical activity. Food safety tips are shared as well as proper hand washing practices they can share with their children. Participants learn how to use a food thermometer. They set goals to make changes and try a new physical activity.

Content:

Protein foods are an important part of the diet. Choosing plant sources as well as choosing appropriate amounts of protein foods can help to save money and decrease the amount of fat in the diet. Food safety is important when handling and preparing protein foods.

Methods, Materials, and Equipment

Handouts and worksheets reinforce the learning activities and content. Visuals are used. When time and facilities allow a food tasting, demo or preparation is conducted.

Est. Cost:

Evaluation Method:

A retrospective pretest method is used - participants fill out an evaluation card at the end of the lesson.